HOW TO LIVE— AND GROW YOUNG

Arthur E. Stilwell, Railroad Builder, 62, Learns Secret From His Famous Brownies

"First Thing to Do," He Says, "Is to BELIEVE That You Can Be Young—Then Banish Hate, Worry, Envy, and Cultivate Sunshine and Joy-Above All, Be Moderate in Your Eating."

By Fay Stevenson. ITHIN the last few days the following items have appeared in the news columns:

Mrs. M. A. Ryan of Chicago, 100 years old, bakes her family's bread and "would be ashamed" to patronize a bakery, Mrs. Elizabeth Smith of No. 436 West 42d Street, eighty-seven years

old, has enrolled to march in the anti-dry parade July 4. Maston Christian of Webster County, West Virginia, eighty-one years

The Mayor

Of Delhi

By Bide Dudley

(The New York Elening World.)

AYOR CYRUS PERKINS

WALKER of Delhi delivered

an address before the Women's

old, has just taken his seventh bride, Thomas H. Farrell of Cleveland, eighty years old, is waiting impatiently

for warm weather in order to go swimming, "These are unusual news oddities to-day, but in a few years-possibly in a decade, such things will be as commonplace as similar acts by young people," commented Arthur E. Stilwell of No. 576 Fifth Avenue.

Mr. Stilwell, railroad builder, financier and author of "By Order of The Brownles," is spreading the gospel of Live and Grow Young, asserting that the abolition of decrepit old age lies with every man who will believe in his ability to turn his back on Father

Mr. Stilwell, who is sixty-two years Betterment League Wednesday eveold, asserts that he has stopped grow- ning in Hugus Hall on the subject of ing old and has started back toward "Honest Shoes." As a result Milt youth within the past six months. Dodge of Anthills, near Delhi, is out The secret of how to be young, he on ball awaiting trial on a charge of says, was revealed to him in his sleep efficial indignities. Dodge was in the just as other important matters in audience that heard the Mayor and, his life have been revealed. For al- numer has it, he had been dallying though Arthur E. Stilwell is regarded with moonshine.

as perhaps the greatest railroad Promptress Pertle called the meetbuilder in America now alive, and has ing to order at 8 o'clock and immedibuilt the Kansas City Southern Rail- ately announced the Mayor's speech. road, Kansas City Suburban Belt Mr. Walker talked ten minutes and Railroad, Kansas City Northern Con- then shouted: necting Railroad, Omaha and Eastern "Where will we get honest shoes?" Railroad, Kansas City, Mexico and "From Shoe-cago," replied Dodge, Orient Railroad, designed and built cracking an old joke. the great harbor at Port Arthur, Tex., Everybody laughed, but the Mayor he declares that his wonderful success was plainly nettled. Continuing, he has been the direct result of Brown- asked

has been the direct result of Brownles' aid and guidance.

Now, the Brownies have told him "Dunno, Cy!" came from Dodge.

"But a couple o' banana peels make that the first thing to do to keep from that the first thing to do to keep from a purty good pair of slippers."

It was more than Mayor Walker growing old is to believe that you can could stand. be young and to refuse to believe "Is Constable Pelce Brown in the that the normal span of man's life hall?" he asked. be young and to refuse to believe is seventy years. Then stop being "mesmerized by the thought of years." cer.

"Rise above the mesmerism of years "Arrest that man!"

"Rise above the mesmerism of years A fight followed in which Constable Brown was knocked down four times and lost two teeth. However, one was an old snag molar that he innot be manifest in your face. You tended to have pulled, anyway. He will stand erect at 100 or more, and your step will have the elasticity of youth, for your thoughts and your viewpoint are building your atmosphere and will be reflected in your ruptions were part of a plot to de-feat him in his race for re-election.

"To live and grow young, you must banish hate, worry and envy. You must cultivate sunshine and joy, and, above all, you must use moderation in your eating.

ten is the alloted time of man's life has been believed too long. Man never will be free from the shackles of this belief until he understands that it is a fable. Cultivate a confidence that you are not growing old and infirm. Believe in yourself and your ability to do things as well after seventy as before.

nected with the death thought. Do he returned to his home town. We admire a picture of a collar advertise-not form a habit of looking for and have been corresponding for the past ment boy; but love means more than reading the obituary notices. Never two years and last summer he came this. If she has never been intromind who is passing away. Keep your East to see me. At that time I told duced to the young man and never mind on life and everything it repre-ments. Do not attend funerals just the West. I do not love him but have know anything about him. However, for the sake of seeing how they are conducted. Some people make it a think he is the collections of the sake of seeing how they are tried to do so because my parents it may be that she would love him if conducted. Some people make it a think he is the only true man that she really knew him and she may practice to go to the funeral of every was ever born. prominent person.

"While it may be necessary to atof my friends are getting married through mutual friends and then intend your brother's funeral, you need or else are too busy with their beaux troduce bim to her? not make a practice of attending to give me their time. Every night those of all your distant relatives and finds me in bed by 9 o'clock. My favorite movie stars. Funerals are mother used to tell me to have other permeated with the meamerism of men friends (but that was before f

of pondering on old age and death, another man's name. I have met a one should affirm youth and life man whom I dove dearly and he loves morning and night and he will live on me, but mother is so fond of the Caliindefinitely, in vigorous enjoyment fornian that she won't consider him of existence.

NEW INVENTIONS.

CENDERS entirely surround an automobile designed by a North Carolina man with a view to proteoting its occurpants in event of a col-

lision from any angle. Because it is the air that it compresses ahead of it that makes a baseball bounce from a glove, an inventor has brought out a glove so perforated that the air escapes through valved outlets.

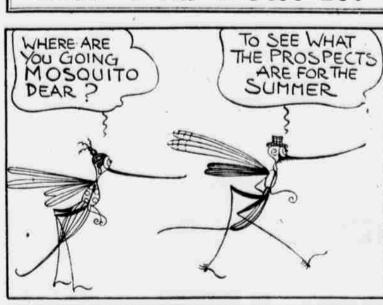
Its inventor has patented . tiny electric light to be so mounted on a fishing rod that it is switched on when a fish

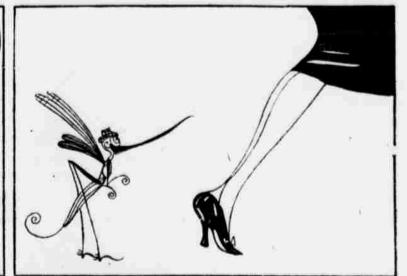
An inventor he brought out a golf club with a handle of steel tubing on which slides a grip to adjust its length.

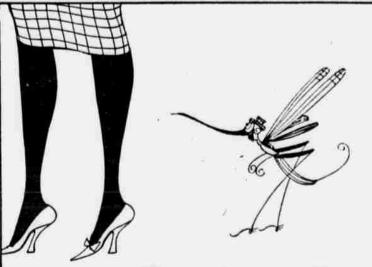


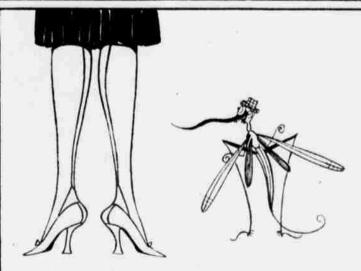
Can You Beat It! The Poor Problem World

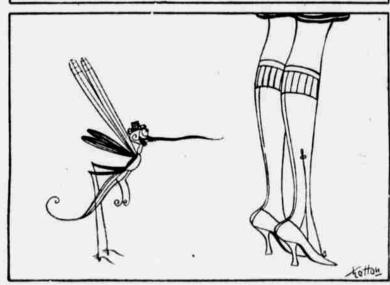
By Maurice Ketten

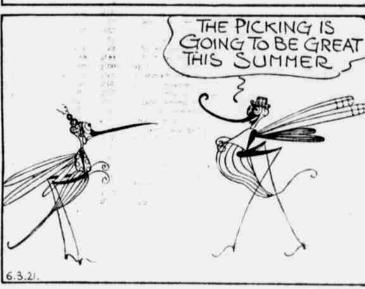












MAXIMS & MODERN

The reason why a man is convinced that a woman cannot keep secrets is because she doesn't keep those which he tells her, after he has promised solemnly not to repeat them to a soul!

IRST love is a blaze easily extinguished, but last love is a three-alarm fire which calls out all reserves of self-control, prudence and cynicism. and even then may cause incalculable damage before being put out.

GOING DOWN.

corrying. Controlling your mind

becomes easy when you learn

the value of BEING STILL-of

withdrawing within yourself

and substitute a PRACTICAL

Weigh your thinking. Is

You exercise your body-why

Sincerely, ALFALFA SMITH.

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Salads for

Warm Days

By Emilie Hoffman

operight, 1911, by the Press Publishing Co. (The New York Ewening World.)

not weather menu, both from the

SHRIMP SALAD.

Break boiled or canned shrimp in-

o small pieces. Mix with half of the

buik of celery, cut in small dice or cabbage and celery chopped fine. Add one chopped hard-boiled egg or

cut egg into small pieces and scat-ter over top of salad. Moisten with French dressing. Serve on lettuce leaves and cover with mayonnaise.

Shrimp combines especially well with encumber. Mix the broken shrimp with a small cucumber cut in thin slices and then divided into small sections. Add one chopped hardboiled egg and a few chepped radboiled. This is nice when mixed with

ishes. This is nice when mixed with

tartare sauce and served on lettuce

MEAT SALAD

VEGETABLE SALAD.

and serve on lettuce leaves.

point of preparation and taste.

N a warm day a salad is often

just what the appetite craves,

and it is an ideal dish for the

not EXERCISE YOUR JUDG-

idea for a worry thought.

possible or feasible?

EAR WORRIER: It may

be you cannot stop think-

ing, but you can stop

The real danger of the short skirt is that it often leads a man to look where SHE'S going, instead of where HE'S going!

A friend is a person mess enough to tell you disagreeable truths which your enemies merely repeat out of your hearing.

It is the time of year when the eligible bachelor would flee where no woman pursueth-only there isn't any such place!

Why is it that a man who calls on all the resources of his knowledge and judgment in choosing a car or ordering a dinner marries a woman of whom he has no knowledge and concerning whom his judgment

goes to sleep at the switch? Short skirts and rolled stocking at make rouge for the knees necessary," says a connoisseur of beauty Gone are the days when a knee was born to blush unseen!

In India, mothers throw their babies beneath the car of Juggernaut; in the civilized and humane Occident women urge their daughters into marriage, the wheels of which are guaranteed to crush all ideals, independence and illusions.

Ever so many young persons of either sex think they are in love when they are only in June.

Vanity is emotional benzoate of soda; a small quantity mixed with either love or hate preserves each passion indefinitely.

What to Do Until The Doctor Comes

By Charlotte C. West, M. D.

Oneright, 1921, by the Press Publishing (Boiled cold beef or veal can be converted into excellent sainds. Remove Injuries to the Eye-Burns. into dice. Add an equal portion of cold boiled potatoes cut into same CCIDENTS to the eye are o

A more serious moment than ac size dice and a little finely sliced onion. Season with French dressing cidental injuries to any other portion of the body for the reason that the inflammation almost always communicates itself to the other eye Various vegetables can be combined to make a good salad. Left-over veg-This sympathetic inflammation be etables can be used up in this way, comes just as dangerous to the unin-Cut the vegetables into dice and jured as the accident may prove to serve on lettuce leaves with either a the injured eye.

French or mayonnaise dressing.
Potatoes, beans or peas, cabbage and either beets or carrots make a The most common type of chemical burn results from unslaked lime. good combination. Another combina- Mortar mixers and plasterers; house tion is tomatoes, cucumbers, radishes keepers, in fact, any one using limand scallions. Asparagus, string beans may splash the material into the facand sustain a severe injury to the eye. When this occurs the eye should immediately be flushed with an excess of water and the patient hastened to

an eye surgeon.

When burns are caused by acids advice given for accidental burns to to treat acid burns with dilute soonsuds. These measures are not always

to get it into court and have it changed," said Mr. Jarr.

"What else does he say?" saked Mrs. Jarr, looking up from her sew automobiles?"

"Yes they down the land over the eye. By doing this you may destroy the sight of the eye. Allegys pull the lid group from the eye. Allegys pull the lid group from the eye and at once flood the injured membranes with oil—any kind of oil. If there is no oil. If there is no oil. "Yes, they do" said Mrs. Jarr; butter, lard or any soft fat the ob butter, lard or any soft fat, the ob-ject being to render the cinder inert, to soothe and aliay the inflammation. "Never mind the rest," said Mr. to see the membranes that no earr. "I see what you mean. It isn't adhesions form—until the parter.

Courtship and Marriage By Betty Vincent

Copyright, 1921, by The Press Publishing Co. (The New York Svening World).

By Betty Vincent. 711OM shall she please-mother

The whole town is talking. There is much indignation

or herself?

"Right here, sir!" replied the offi-

"Dorothy D." writes:

met the chap from California). Now Mr. Stilwell advises that instead she makes life unbearable if I mention at all. He is refined, has a good position and lives right in the city, but mother tells me if I marry him and give up Mr. Californian she will not give me her blessing. What am I to

> Consider your own heart first of all. It would be most unwise for you to marry a man you do not love and go to California when you like the East, just to please your mother. Have you reminded your mother of the fact that if you should go West you would be separated from her while if you married the other young man you could live here in the same

do: I love this man and I love mother?

city with her? Answer to L. G .-- If the young lady feels that way about the difference in your religions better give up the

"OLIVE M." writes:

Dear Miss Vincent: I have a young girl friend who is deeply in love with a young man whom she has never met. We are always together and many times she has tried to show her devotion, but the young man is always around

with other girls. She is heartbroken, and I would like your advice as to how they can get acquainted.

Dear Miss Vincent: During the war Tell your friend to bruce up, for she I met a young man whose home is in really isn't in love at all. She may "Avoid, all you can, everything con- California. After being mustered out admire this young man as she might I find myself entirely alone, as all sight," so why don't you meet him

"Jones" writes: Dear Miss Vincent: Am eighteen but look twenty-two. One of the girls I am interested in is seventeen and thinks I am five years her senior. I asked her once if she could like a chap eighteen and she said she couldn't consider him as a friend at all, whether she out and tell my right age or keep on fibbing? Tell your age now and glory in your Later on you will probably put it back ten years.

"ADELE B." writes: Dear Miss Vincent: About one year ago I met a young man five years my senior, who showed that he cared for me a great deal. He he cared for me a great deal. He asked me to go out with him and I accepted the invitation, not because I liked him, but so as not to hurt his feelings. After going together about two months and a half we quarrelled (my fault), and after we parted I realized that I real and after we parted I realized that I really loved him. He has "made up" with a young lady whom he knew before me, and now I am going about with one of his friends. I do not believe that he cares for this girl and wonder if I am doing right in going about with his friend. Will that not hinder my regaining his friend-ship?

It rather looks as if the young man is inclined to quarrel with his girl friends. However, if you feel it was your fault and wish to win him back

Unselfishness

By Sophie Irene Loeb.

Copyright, 1951, by the Press Publishing Co. (The New York Evening World.) CHE was young and lovely when she began to put away The pretty things in the big box,

The work of her hands and heart And a thrill like no other in the world Crept through her being-a thrill of hope of him that would come To share with her these sweet-scented things. He came brave and strong and fine.

Oh, the joys that were woven in the threaded things! Oh, the sunny days that passed with dreams of delight! All, all can ne'er be reckoned by human measure, For they are more of a heavenly degree.

And then came the shadow one sad day, And the heart of her cried out as she saw what was in store. A servitude of vigilance and care. And she denied him she loved.

He never knew that the heart of her almost died at the saving. But she knew she was making the choice between love and life. Life to one-the one who bore her, who needed her every moment. Years crept by and she carried her cross

E'en as a soldier who gives himself for that which he must obey. Came the day when she returned a black-robed figure. And the big box in the dark corner looked back at her She opened it and again fingered lovingly The bits now yellowed with age.

A tear fell and then another, Yet a sweet calm came as she appraised it all. For she had closed the cyclids of her who never knew. Whose last words "I would have died long ago but for you." Love was gone, yet in its stead a satisfaction That duty had called and found her not wanting

L'Envoi.

Somewhere far away he read and came on wings of hope. It was not with the first fire of youth but with great understanding. A forgiveness of Fate and a great God-given desire To spread sunshine o'er that spirit of unselfishness.

No Window in Your Room? Try This One

In one of the remodelled houses the window. In one of the remodelled houses the window.

she bit a thread and put her work owner has had a window-frame with The indirect lighting, the window, down. You were telling me about a Mississippi?

glass in it set in the wall. There is the flower and the curtains combine Dr. Grinker, who said that women

NEAT little illusion that gives closed add to the setting. A plant in A NEAT little illusion that gives closed and to the secting. A plant with a property of the section of an interior room without a small pot rests on the window sill right? Saked Mrs. Jarr. with surprise.

"Now, we are not! I'll bet you ten dollars you can't tell me what I'm an eclipse always begin?

"Now, we are not! I'll bet you ten dollars you can't tell me what I'm an eclipse always begin?

Liking about, or what we are talking gives one of its phases must the about the same of the moon does an eclipse always begin? grown out of the housing shortage, out of sight, outside and above the about."

would not advise you to go out with a space of a piece of studding and to destroy the feeling that you are should choose their hustands as they 1. In a room with no outlet to the open their has a dess, and men should choose Born their wives as they would buy an outlet some one "anyway" will not be a Curtains are hung over the window air and adds a cheerfulness that could automobile." and a pair of inside shutters pastly be obtained in no other way.

The Jarr Family By Roy L. McCardell

"Oh, nothing much, except that a "they want smart woman should select a husband with and automobiles"
"Never mind the the same care she buys a dress, and "Ne a man should select a wife with the Jarr. same attention he pays to buying an every one that's smart enough or automobile."

"Huh!" said Mrs. Jarr. supercil- for them, either in husbands or wives,

ously. "There's nothing new in that I wonder if he's kin to a family we used to know whose name was the in that, or motor cars or dresses. I won't same as his? They moved out West, dollars," sale or was it just in West Virginia? I est manner, lorget, but I used to go to school with the eldest girl. Such a freckled thing. Her name was Ella, but her ramily always called her Tutie, Tutie Crimble, I remember her as well as if it were yesterday." "Don't you think there is some slight difference between the names trinker and Gramble, Mrs. Jarr"" asked Mr. Jarr, with a sneer, West Virginia is quite a way east from Ogden, Utah."

Ogden, Utah."

cil, it deser't matter," said Mrs. she became the real ruler of the "They might be the same peoor all your smartness, Mr. Knew 2. Who was the author of the novel,

I My mother's brother married "Trilby?" a girl in Nashville, Tenn., a sweet "Trilby?"

ittle tiling she was too, and they 3. On what island do the D always had het hiscuits for breaktrast, who formerly made trophies of no, for every meal, and her name twas enemies' heads, live? spelt Talleferro, and yet everybedy pronounced it "Tolliver," So there now!" bee whire" cried the new example-

ated Mr. Jarr. You women are cor-tainly the logical creatures! Now, dnly the logical creatures: 1500 to Maine, New Hampshire, Vermont, aver sitting down and discussing the Massachusetts, Rhode Island? Why, are we not discussing it all . 7. On which side of the sun's disk

should choose their ideashould choose Borneo. 4. Harny bought a dress, and men should choose Borneo. 5. Ellipse.

"Well, for once, you got it right," Full moon. 10. Magnoira.

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SEE by this article," remarked Mr. Jarr as he regarded his wife Mr. Jarr looking up from his reading, "that a Dr. Grinker, in Ogden. Utah, says love is a horrfole nallucination."

"Oh, I suppose he wanted to get his name in the papers, that's all." said Mr. Jarr as he regarded his wife with a puzzled look. "What do you think of it?"

"He talks silly, like all the rest of the men," replied Mrs. Jarr. "Women do pick their husbands like they pick their husbands like they pick their husbands like they pick their dresses. Some women know how to pick good dresses dresses that look well and wear well. And some get loud and vulgar patterns and sheddy goods and"

"If my name was Grinker Fd want to get it into court and have it"

"Oh, come now," interrupted Mr.

suds. These measures are not always, near at hand. We must bear in mind that speed is ridding the eye of the offending matter is of paramount in that speed is ridding the eye of the offending matter is an agent thus to can be reached in the shortest possible time.

A burning cinder, the flying up of a match stick, hot cigar ash, any small the burning object may lodge in the eye of the offending matter is an agent thus to can be reached in the shortest possible time.

A burning cinder, the flying up of a match stick, hot cigar ash, any small the burning object may lodge in the eye of the offending matter is of paramount in the portance and water is an agent thus to can be reached in the shortest possible time.

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"they want smart models in wives

forget it."
"And don't forget you owe me ten dollars," sald Mrs. Jarr in her sweet

QUESTIONS.

1. What French monarch was so influenced by Mme, du Barry that she became the real ruler of the country until his death?

3. On what island do the Dyaks,

4. What names are given to the three small bones of the middle ear because of their shape?

5. What is the shape of the earth's 6. What State group name is given

"That's easy," said Mrs. Jarr, as moon always be when it is colleged? 10. What is the State flower of

ANSWERS.

1. Louis NV. 2. Du Maurier. States. 7. Western. S. Eastern. 8.



for the day.

Bond-Bread-and-milk la